

WHEN YOU ARE FEELING FRUSTRATED

If you are upset and out of touch with the present moment

S . T . O . P

S T O P

Just take a momentary pause, no matter what you're doing.

T A K E A B R E A T H

Feel the sensation of your own breathing, which brings you back to the present moment.

O B S E R V E

Acknowledge what is happening, for good or bad, inside you or out. Just note it.

P R O C E E D

Having briefly checked in with the present moment, continue with whatever it was you were doing.



WHEN YOU ARE FEELING FRUSTRATED

If you are upset and out of touch with the present moment

R E M E M B E R R . A . I . N

R E C O G N I Z E

Acknowledge what is happening, just noting it in a calm and accepting manner. Use S.T.O.P. to take a momentary pause.

A C C E P T

Allow life to be just as it is, without trying to change it right away, and without wishing it were different somehow.

I N V E S T I G A T E

See how it feels, whether it is making you upset or happy, giving you pleasure or pain, just note it.

N O N - I D E N T I F I C A T I O N

Realize that the sensations you are feeling make for a fleeting experience, one that will soon pass. It isn't who you are.

